

Statistics Report 09514, Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST

Report Date: June 30, 2017 05:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	88.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2014
Energy	kcal	46	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Energy	kJ	194	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Protein	g	0.63	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Total lipid (fat)	g	0.02	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Ash	g	0.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014
Carbohydrate, by difference	g	10.90	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Sugars, total	g	9.30	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Minerals													
Calcium, Ca	mg	10	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.21	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Potassium, K	mg	116	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Sodium, Na	mg	4	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Vitamins													
Vitamin C, total ascorbic acid	mg	108.6	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Vitamin B-6	mg	0.400	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Vitamin B-12	µg	0.90	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Vitamin A, IU	IU	290	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Vitamin E (alpha-tocopherol)	mg	5.03	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Lipids													
Fatty acids, total saturated	g	0.003	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Fatty acids, total monounsaturated	g	0.002	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Fatty acids, total polyunsaturated	g	0.011	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA Label info, 2014 Beltsville MD